

# January CALENDAR

## Monthly Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31					1 New Year!
2	3	4	5 New Center Training	6	7 Claim Due	8
9	10	11	12	13	14	15
16	17 Martin Luther King Day	18	19	20	21	22
23	24	25	26	27	28	29



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Issue  
**ONE**

January 2011

A Quarterly Look Into Utah's Child and Adult Care Food Program

Utah State Office of Education

Child Nutrition Programs



Promote the nutritional well-being of the Utah public, with a focus on children, so they may reach their full potential.

# CACFP Quarterly

### Current topics in child nutrition >>>

## Policy Bulletins and Memos

*As bulletins and memos are received, centers should be staying informed of any changes made. When a bulletin/memo is sent, there is always a reason. You can view them on our website. Here are the latest ones to go out:*

**CCC 13-10**—Documentation for Children With Special Dietary Needs  
**CACFP 14-2010**—Eligibility of Expanded learning Time for Programs for ASSP  
**Memo 08-10**—Contracting with a Company to Supply Meals (Food Service Management Companies)  
**Memo 09-10**—Administrative Review (Appeal) Procedures

## Be Your Best What All the Attention Means for CACFP

*A message from Luann Elliot, Utah Director of Child Nutrition Programs*

Too many of our children are unhealthy. Some don't get enough to eat, or enough of the healthy, nutritious foods young minds

and bodies need to grow. Others eat too many of the wrong things. Many kids don't get to play or be active every day. In fact, one in three American children is overweight or obese. Childhood obesity and under-nourishment are national epidemics. Helping children eat right and be active every day will help them have a better shot at being successful in school, and in life. How can you take action? Be a positive role model; being a good example can have a great influence on children trying new foods and forming healthy eating habits. Young children look up to adults and often model behaviors such as eating.

When adults eat the same foods as children, for example, they are sending the message "do as I do" instead of "do as I say."

Children will model whatever influence is in front of them. Be the behavior you want to see.

Caregivers can make simple changes that go a long way in helping children eat right. For example, sit with the children and eat the same foods. Avoid negative facial expressions or words when referring to food. Talk to the children about what they are eating. Ask them why they do or do not like certain

foods. Teach the children about different types of foods and different ways they can be served. When children see adults "practicing what they preach," they are more likely to take those lessons to heart. Be the behavior you want to see—be your best!



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# Kalleen’s Corner

New Year’s is a time to reflect on changes we want or need to make. Do you know that most people drop their resolutions before the month of January is over? There’s a good reason for this; generally, the resolutions people make are not real goals. Most resolutions are made on a whim and lack meaning.

In 2009, Utah had 105,000 children under the age of 18 living in poverty. That same year, 14,524 children participated in the Child and Adult Care Food Program. Many families are struggling with hunger as a result of the recession. The meals your centers provide may be the only “hot meal” or complete meal a child will get that day.

We know the importance of good nutrition starting early in a child’s life and how essential it is for a child’s development.

Let’s resolve this year to make our meals more nutritious by adding more varieties of fruit and vegetables, serving juice no more than once a day, and incorporating foods that are rich in whole grains-and lower in fat, sugar and salt. Let’s decrease the number of meals that contain hot dogs and chicken nuggets, and serve sweets no more than a couple times a week. We all want healthy children learning healthy eating habits who are prepared to conquer their world.



As a State Office we appreciate the hard work you do in providing snack and meals to the children in your care. We wish you success and look forward to another year of working together!



# Louise’s Laughs

*Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.*

## Today’s Laugh:

One day, our cook made a tasty stew for lunch. One little boy got excited and said there were bugs in his stew. I went to him and explained there were NO bugs in the stew, that what he saw floating in the bowl was a spice called thyme. He was unconvinced, so I took a spoonful and ate it, explaining that I would not like to eat bugs, and because I was eating the stew there were definitely NO bugs in it! Finally, after several spoonfuls taken by me, he was convinced...or so I thought. As I went to another table, I heard him whisper to another child sitting next to him, "LOOK, THAT ONE'S EATING MY POTATO!" I made him a peanut butter sandwich!

—Valerie Slaunwhite

If you have a funny story or joke you would like to share, send it in to our office or e-mail it to [holland.peck@schools.utah.gov](mailto:holland.peck@schools.utah.gov).

## Q&As >>>

# Devon’s Dilemma

**Q:** *I would like to start claiming A.M. snack, but have not been approved to do so. What do I need to do in order to start claiming A.M. snack?*

**A:** In order to claim a meal that has not been claimed in the past, the site information sheet(s) on CNPWeb need(s) to be edited and submitted for approval. Be sure, when editing the site information sheet(s), that the meal type and the days of the week the meal is served are checked.

Please remember that there must be at least two hours between the beginning of one meal and the next. Each meal must be within the specified time frames.

Breakfast	6:30 a.m.-9:30 a.m.
A.M. Snack	9:30 a.m.-11:00 a.m.
Lunch	11:00 a.m.-1:30 p.m.
P.M. Snack	2:00 p.m.-4:30 p.m.
Dinner	4:30 p.m.-7:00 p.m.
Eve Snack	7:00 p.m.-9:00 p.m.

Any questions? Call your specialist.



# Karen’s Kitchen

## It’s Time for the Souper Bowl!

*Every year, my family gets together to watch the Super Bowl—but let’s be honest, the real reason is to eat soup! There are always at least five to choose from. Join in the tradition and serve soup during this winter season.*



This recipe is a very tasty way to get a healthy dose of beans for the day. Each ½-cup serving of soup provides 1 oz. meat/meat alternate or 1/8 cup vegetables. Give the kids cheese and ham cubes to add to their soup to make up the extra portion of meat/meat alternate, and make sure to add another fruit and vegetable or two.

## Bean Soup:

- 7½ cups chicken or vegetable stock
- 6½ cups cooked navy beans (drain if using canned beans)
- ¼ cup + 3 Tbsp. (4 oz.) tomato paste
- 1 onion, chopped
- 1 c. celery, chopped
- 1 c. carrots, chopped
- ½ c. flour
- ½ c. cold water
- Salt and pepper to taste

1. In a heavy pot, combine stock, beans, tomato paste, onions, celery, carrots and pepper, then bring to a boil.
2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender.
3. Combine flour and cold water. Mix until smooth.
4. Slowly add flour mixture to pot. Cook over medium heat until thickened, 10-12 minutes.
5. Serve hot, with extras if needed.

Makes 25 servings

# Holland’s Health Tips

## Empty Calories: Energy Without Nutrition

A new study has found that nearly 40% of the energy consumed by two- to eighteen-year-olds comes in the form of "empty" calories—those from solid fats and added sugars. Half of those empty calories come from the solid fats and added sugars in just six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk. Limit unnecessary empty calories. In the study, sugar-sweetened beverages, a major source of empty calories, contributed a whopping 10% of total energy for kids. These findings suggest that sugar-sweetened drinks should be a major target of efforts to improve our children’s health (NIH; Wein, 10/2010).



## Activities and ideas for kids >>>

# Mike’s Tykes

*For the winter season ,we are encouraging outdoor activity at your center. We would like centers to be creative—for example, using the snow and other outdoor materials, have children make a snowman or other artsy display. There is no right or wrong when it comes to fun. The purpose is to get children moving. We are asking centers to send in pictures of their final product. Write a little paragraph about how the activity went and what you accomplished. We will be awarding gift baskets to two childcare centers that go above and beyond. These will be given out in March.*

## Send your pictures to:

Utah State Office of Education  
Child Nutrition Programs  
P.O. Box 144200  
250 East 500 South

## Resources for You

Here are some websites to check out:  
[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.kids.gov](http://www.kids.gov)  
[www.nutrition.gov](http://www.nutrition.gov)  
[www.foodsafety.gov](http://www.foodsafety.gov)  
[www.usda.gov](http://www.usda.gov)  
[www.nih.gov](http://www.nih.gov)